

VYTORIN[®]
(ezetimibe/simvastatin) tablets



Week Seven

- Breakfast
 - Lunch
 - Dinner
- >> 7 Day Menu Plan

TABLE OF CONTENTS

- 3 Monday Menu Plan
- 4 Tuesday Menu Plan
- 5 Wednesday Menu Plan
- 6 Thursday Menu Plan
- 7 Friday Menu Plan
- 8 Saturday Menu Plan
- 9 Sunday Menu Plan
- 10 Recipes
- 21 Ingredient Substitution Ideas



MONDAY

NUTRITION GOAL

| | Meal Plan | Breakfast | Lunch | Dinner | Snack |
|-------------------|--------------|-------------|-------------|-------------|-------------|
| Calories | 2015.47 Kcal | 462.45 Kcal | 457.33 Kcal | 549.56 Kcal | 446.14 Kcal |
| Cal from Carbs | 53% | 65% | 65% | 51% | 28% |
| Cal from Fat | 32% | 21% | 27% | 29% | 55% |
| Cals from Protein | 15% | 14% | 8% | 20% | 17% |
| Cals from Sat Fat | 5% | 6% | 4% | 5% | 4% |
| Carbohydrates | 281.66 g | 95.72 g | 79.13 g | 73.92 g | 32.9 g |
| Cholesterol | 194.28 mg | 14.7 mg | 4.07 mg | 170.57 mg | 4.93 mg |
| Dietary Fiber | 37.89 g | 6.08 g | 10.48 g | 14.64 g | 6.69 g |
| Fat | 75.73 g | 13.89 g | 14.61 g | 18.51 g | 28.71 g |
| Protein | 78.89 g | 20.73 g | 9.77 g | 28.45 g | 19.95 g |
| Sodium | 1415.95 mg | 344.44 mg | 690.14 mg | 222.92 mg | 158.45 mg |

MONDAY MENU

| | Ingredient | Serving |
|------------------|---|--|
| Breakfast | Oaty Cereal Bars* (See Recipe on pg 10) | 1 serving |
| | Strawberry and Honey Yogurt | 1 cup plain Yogurt, low fat 1 tbsp Honey |
| | Orange Juice | 1 cup |
| | Hot Coffee | 1 cup |
| Lunch | Quick Tomato Sandwich** (See Recipe on pg 10) | 1 serving |
| | Summer Fruit Salad | 1 medium Peach 1 medium Banana 0.5 cup Blueberries |
| | Celery Sticks | 1 medium stalk |
| | Almonds | 2 tbsp |
| | Iced Tea | 1 cup |
| Dinner | Big M's Spicy Lime Grilled Prawn*** (See Recipe on pg 11) | 2 serving |
| | Brown Rice medium grain | 1 cup, cooked |
| | Green Beans | 1 cup, boiled without salt |
| | Sliced Avocado | 0.5 Avocado |
| | Tea | 1 cup |
| Snack | Yogurt | 1 (8 oz) container Yogurt |
| | Almonds | 2 oz Almonds |

* Oaty Cereal Bars: <http://allrecipes.com/Recipe/Oaty-Cereal-Bars/Detail.aspx>

** Quick Tomato Sandwich: <http://allrecipes.com/Recipe/Quick-Tomato-Sandwich/Detail.aspx>

*** Big M's Spicy Lime Grilled Prawn: <http://allrecipes.com/Recipe/Big-Ms-Spicy-Lime-Grilled-Prawns/Detail.aspx>

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TUESDAY

NUTRITION GOAL

| | Meal Plan | Breakfast | Lunch | Dinner | Snack |
|-------------------|--------------|-------------|-------------|-------------|-------------|
| Calories | 1967.81 Kcal | 573.31 Kcal | 497.52 Kcal | 595.27 Kcal | 301.71 Kcal |
| Cal from Carbs | 58% | 63% | 53% | 52% | 68% |
| Cal from Fat | 32% | 28% | 35% | 35% | 25% |
| Cals from Protein | 11% | 9% | 12% | 13% | 7% |
| Cals from Sat Fat | 7% | 3% | 9% | 10% | 4% |
| Carbohydrates | 299.87 g | 95.61 g | 71.44 g | 78.72 g | 54.09 g |
| Cholesterol | 47.47 mg | 0 mg | 8.34 mg | 39.13 mg | 0 mg |
| Dietary Fiber | 36.46 g | 10.67 g | 13.73 g | 9.66 g | 2.37 g |
| Fat | 72.58 g | 19.17 g | 20.58 g | 23.86 g | 8.98 g |
| Protein | 54.69 g | 13.91 g | 15.83 g | 19.61 g | 5.35 g |
| Sodium | 1310.32 mg | 24.07 mg | 621.06 mg | 641.33 mg | 23.86 mg |

TUESDAY MENU

| | Ingredient | Serving |
|------------------|---|--|
| Breakfast | Super-Good Oatmeal* topped with Raisins, Walnuts, and Banana (See Recipe on pg 11) | 1 serving Super-Good Oatmeal 0.5 oz Walnuts, raw 1 medium Banana 2 tbsp Raisins |
| | Herbal Tea | 1 cup |
| Lunch | Spinach Salad with Ease** (See Recipe on pg 12) | 1 serving |
| | Pita Bread, Whole Wheat | 1 (6 inch) Pita |
| | Sugar Snap Peas with Ranch Dip | 1 tbsp Ranch-Style Dip 1 cup Sugar Snap Peas |
| | Seedless Grapes | 1 cup |
| | Iced Tea | 1 cup |
| Dinner | Teri Tips*** (See Recipe on pg 13) | 1 Serving |
| | Sesame Broccoli**** (See Recipe on pg 13) | 1.5 Serving |
| | Brown Rice with Butter | 1 cup Brown Rice, cooked 1 tsp Butter, salted |
| | French Bread | 1 small slice |
| | Sliced Kiwi | 1 each |
| | Tea | 1 cup |
| Snack | Rice Cakes with Peanut Butter | 1 plain Rice Cake 1 tbsp Natural Peanut Butter |
| | Grapes | 1 cup |
| | Apple Juice | 1 cup |

* Super-Good Oatmeal: <http://allrecipes.com/Recipe/Super-Good-Oatmeal/Detail.aspx>

** Spinach Salad with Ease: <http://allrecipes.com/Recipe/Spinach-Salad-With-Ease/Detail.aspx>

*** Teri Tips: <http://allrecipes.com/Recipe/Teri-Tips/Detail.aspx>

**** Sesame Broccoli: <http://allrecipes.com/Recipe/Sesame-Broccoli/Detail.aspx>

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WEDNESDAY

NUTRITION GOAL

| | Meal Plan | Breakfast | Lunch | Dinner | Snack |
|-------------------|--------------|-------------|-------------|-------------|-------------|
| Calories | 2056.58 Kcal | 500.99 Kcal | 508.72 Kcal | 588.41 Kcal | 458.46 Kcal |
| Cal from Carbs | 57% | 68% | 60% | 43% | 59% |
| Cal from Fat | 30% | 18% | 31% | 37% | 32% |
| Cals from Protein | 13% | 14% | 9% | 20% | 8% |
| Cals from Sat Fat | 6% | 6% | 6% | 6% | 5% |
| Carbohydrates | 303.91 g | 87.37 g | 80.03 g | 64.4 g | 72.11 g |
| Cholesterol | 64.6 mg | 14.7 mg | 13.17 mg | 36.72 mg | 0 mg |
| Dietary Fiber | 29.56 g | 9.92 g | 9.24 g | 6.31 g | 4.1 g |
| Fat | 71 g | 10.28 g | 18.29 g | 24.97 g | 17.45 g |
| Protein | 70.89 g | 18.49 g | 12.51 g | 29.61 g | 10.28 g |
| Sodium | 1500.98 mg | 302.3 mg | 566.97 mg | 592.23 mg | 39.48 mg |

WEDNESDAY MENU

| | Ingredient | Serving |
|------------------|---|--|
| Breakfast | Banana Nut Muffins* (See Recipe on pg 14) | 1 serving |
| | Yogurt and Raspberries | 1 cup Yogurt, low fat 1 cup Raspberries |
| | Orange Juice | 1 cup |
| | Hot Tea | 1 cup |
| Lunch | Yummy Couscous Salad** (See Recipe on pg 14) | 1 serving |
| | Pita, Whole Wheat | 1 (6 inch) Pita |
| | Seedless Grapes | 1 cup |
| | Iced Tea | 1 cup |
| Dinner | Twelve Minute Pasta Toss*** (See Recipe on pg 15) | 1 serving |
| | Balsamic Dressed Asparagus | 1 tbsp Extra Virgin Olive Oil 1 tbsp Balsamic Vinegar 1 cup boiled Asparagus |
| | French Bread | 1 small slice |
| | Hot Tea | 1 cup |
| Snack | Rice Cakes with Peanut Butter | 2 each plain Rice Cakes 1 tbsp Natural Peanut Butter |
| | Grapes | 1 cup |
| | Apple Juice | 1 cup |

* Banana Nut Muffins: <http://allrecipes.com/Recipe/Banana-Nut-Muffins/Detail.aspx>

** Yummy Couscous Salad: <http://allrecipes.com/Recipe/Yummy-Couscous-Salad/Detail.aspx>

*** Twelve Minute Pasta Toss: <http://allrecipes.com/Recipe/Twelve-Minute-Pasta-Toss/Detail.aspx>

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THURSDAY

NUTRITION GOAL

| | Meal Plan | Breakfast | Lunch | Dinner | Snack |
|-------------------|---------------------|------------------|--------------|---------------|--------------|
| Calories | 2140.22 Kcal | 497.03 Kcal | 531.29 Kcal | 554.31 Kcal | 557.6 Kcal |
| Cal from Carbs | 53% | 76% | 42% | 33% | 65% |
| Cal from Fat | 35% | 17% | 32% | 55% | 34% |
| Cals from Protein | 12% | 7% | 26% | 12% | 2% |
| Cals from Sat Fat | 6% | 8% | 6% | 6% | 5% |
| Carbohydrates | 295.15 g | 96.95 g | 57.4 g | 47.97 g | 92.84 g |
| Cholesterol | 138.37 mg | 20.42 mg | 87.32 mg | 30.64 mg | 0 mg |
| Dietary Fiber | 28.49 g | 6.16 g | 6.82 g | 8.85 g | 6.66 g |
| Fat | 85.76 g | 9.44 g | 19.61 g | 35.22 g | 21.49 g |
| Protein | 64.36 g | 9.42 g | 35.13 g | 17.45 g | 2.36 g |
| Sodium | 1504.12 mg | 537.86 mg | 255.82 mg | 701.59 mg | 8.84 mg |

THURSDAY MENU

| | Ingredient | Serving |
|------------------|--|--|
| Breakfast | Morgan's Breakfast Polenta* (See Recipe on pg 15) | 1 serving |
| | Blueberries | 1 cup |
| | Apple Juice | 1 cup |
| | Herbal Tea | 1 cup |
| Lunch | Grilled Chicken Salad | 1 cup Mixed Salad Greens 1 tbsp Ranch Salad Dressing Light-Wishbone 1 slice Tomato, raw 1 grilled Chicken Breast half |
| | Baby Carrots | 1 cup Baby Carrots, raw |
| | Watermelon | 2 slice |
| | Iced Tea | 1 cup |
| Dinner | Llyod's Healthy Chicken Zoopa* (See Recipe on pg 16) | 1 serving |
| | Arugula Sala | 1 serving |
| | Norwegian Flatbread Cracker | 1 piece |
| | Honeydew Melon | 1 wedge |
| | Hot Tea | 1 cup |
| Snack | Raspberry Sorbet topped with chopped Macadamia Nuts | 1 cup Raspberry Sorbet- Haagen Dazs 1 oz Macadamia Nuts |
| | Apple Juice | 1 cup |

* Morgan's Breakfast Polenta: <http://allrecipes.com/Recipe/Morgans-Breakfast-Polenta/Detail.aspx>

** Llyod's Healthy Chicken Zoopa: <http://allrecipes.com/Recipe/Lloyds-Healthy-Chicken-Zoopa/Detail.aspx>

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FRIDAY

NUTRITION GOAL

| | Meal Plan | Breakfast | Lunch | Dinner | Snack |
|-------------------|------------------|------------------|--------------|---------------|--------------|
| Calories | 2013.12 Kcal | 568.2 Kcal | 528.15 Kcal | 731.35 Kcal | 185.41 Kcal |
| Cal from Carbs | 59% | 64% | 66% | 62% | 8% |
| Cal from Fat | 30% | 25% | 24% | 24% | 84% |
| Cals from Protein | 11% | 12% | 10% | 11% | 9% |
| Cals from Sat Fat | 6% | 3% | 6% | 9% | 8% |
| Carbohydrates | 309.03 g | 93.63 g | 93.77 g | 117.74 g | 3.89 g |
| Cholesterol | 65.48 mg | 5.01 mg | 0 mg | 60.47 mg | 0 mg |
| Dietary Fiber | 31.9 mg | 7.06 g | 14.13 g | 8.82 g | 1.9 g |
| Fat | 69.98 g | 16.08 g | 14.86 g | 20.55 g | 18.49 g |
| Protein | 55.76 g | 17.01 g | 13.98 g | 20.45 g | 4.32 g |
| Sodium | 1258.46 mg | 132.64 g | 587.01 mg | 538.24 mg | 0.57 mg |

FRIDAY MENU

| | Ingredient | Serving |
|------------------|--|---|
| Breakfast | Honey Nut Granola topped with Cherry Vanilla Yogurt and Banana Slices | 1 serving Honey Nut Granola 1 (6 oz) container Cherry Vanilla Yogurt, Aspartame sweetened 1 medium Banana |
| | Orange Juice | 1 cup |
| | Hot Coffee | 1 cup |
| Lunch | Peanut Butter and Apple Sandwich* (See Recipe on pg 16) | 1 serving |
| | Ranch Dip with Carrots and Green Beans | 1 cup Green Beans, raw 1 cup Baby Carrots, raw 1 tbsp Ranch-style Dip |
| | Sliced Peaches drizzled with Honey and served with Graham Crackers | 1 tbsp Honey 1 Graham Cracker 1 medium Peach |
| | Iced Tea | 1 cup |
| Dinner | Spicy Peach-Glazed Pork Chops** with Applesauce (See Recipe on pg 17) | 1 serving Spicy Peach-Glazed Pork Chops 0.5 cup Applesauce |
| | Sweet Potato with Butter | 1 medium Sweet Potato 2 tsp Butter |
| | Swiss Chard | 1 cup, boiled without salt |
| Snack | Walnuts | 1 oz |

* Peanut Butter and Apple Sandwich: <http://allrecipes.com/Recipe/Peanut-Butter-and-Apple-Sandwich/Detail.aspx>

** Spicy Peach-Glazed Pork Chops: <http://allrecipes.com/Recipe/Spicy-Peach-Glazed-Pork-Chops/Detail.aspx>

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SATURDAY

NUTRITION GOAL

| | Meal Plan | Breakfast | Lunch | Dinner | Snack |
|-------------------|--------------|-------------|------------|------------|-------------|
| Calories | 1933.12 Kcal | 522.95 Kcal | 605.7 Kcal | 522.2 Kcal | 282.28 Kcal |
| Cal from Carbs | 56% | 75% | 64% | 38% | 38% |
| Cal from Fat | 27% | 12% | 22% | 41% | 43% |
| Cals from Protein | 17% | 13% | 14% | 22% | 19% |
| Cals from Sat Fat | 7% | 2% | 7% | 15% | 3% |
| Carbohydrates | 283.22 g | 103.15 g | 101.08 g | 50.69 g | 28.29 g |
| Cholesterol | 91.88 mg | 4.9 mg | 35.88 mg | 49.12 mg | 1.97 mg |
| Dietary Fiber | 33.78 g | 8.84 g | 11.27 g | 10.31 g | 3.35 g |
| Fat | 61.43 g | 7.21 g | 15.65 g | 24.21 g | 14.36 g |
| Protein | 83.79 g | 18.38 g | 22.65 g | 28.84 g | 13.92 g |
| Sodium | 1500.43 mg | 137.21 mg | 633 mg | 601.66 mg | 128.57 mg |

SATURDAY MENU

| | Ingredient | Serving |
|------------------|---|---|
| Breakfast | Muesli* served with with Milk and topped with Dried Cranberries and Sliced Banana (See Recipe on pg 17) | 1 serving Muesli 1 cup Milk, nonfat, with Vitamin A & D 1 tbsp dried Cranberries 1 medium Banana |
| | Orange Juice | 1 cup |
| | Hot Coffee | 1 cup |
| Lunch | BBQ Chicken Salad Sandwich** (See Recipe on pg 18) | 1 serving 2 leaf Lettuce, raw 1 French Roll |
| | Summer Fruit Salad topped with Whipped Cream | 1 medium Banana 0.5 cup Blueberries 1 medium Peach 1 tbsp Whipped Cream topping |
| | Potato Chips | 1 oz |
| | Iced Tea | 1 cup |
| Dinner | Caesar Salad | 1 cup chopped Romaine Lettuce 1 tbsp Parmesan Cheese, grated 0.25 cup plain Croutons 1 tbsp Caesar Salad Dressing, Kraft |
| | Lemon-Orange Orange Roughy*** (See Recipe on pg 18) | 1 serving |
| | Lentil Stuffed Tomatoes**** (See Recipe on pg 19) | 1 serving |
| | French Bread and Butter | 1 small slice French Bread 0.5 tbsp Butter |
| | Hot Coffee | 1 cup |
| Snack | Blueberry Yogurt topped with Almonds | 1 (8 ounce) container Blueberry Yogurt, nonfat- Danon 1 oz Almonds |

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SUNDAY

NUTRITION GOAL

| | Meal Plan | Breakfast | Lunch | Dinner | Snack |
|-------------------|------------------|------------------|--------------|---------------|--------------|
| Calories | 2013.09 Kcal | 561.81 Kcal | 514.54 Kcal | 763.62 Kcal | 173.12 Kcal |
| Cal from Carbs | 58% | 67% | 46% | 56% | 77% |
| Cal from Fat | 25% | 20% | 36% | 26% | 0% |
| Cals from Protein | 17% | 12% | 19% | 18% | 23% |
| Cals from Sat Fat | 7% | 6% | 6% | 10% | 0% |
| Carbohydrates | 304.2 g | 96.69 g | 62.8 g | 107.62 g | 37.1 g |
| Cholesterol | 82.56 mg | 25.66 mg | 11.72 mg | 41.47 mg | 3.71 mg |
| Dietary Fiber | 32.84 g | 3.04 g | 8.55 g | 21.25 g | 0 g |
| Fat | 56.99 g | 12.71 g | 21.75 g | 22.52 g | 0 g |
| Protein | 89.46 g | 17.88 g | 25.66 g | 34.79 g | 11.13 g |
| Sodium | 1435.16 mg | 369.21 mg | 469.89 mg | 546.59 mg | 49.46 mg |

SUNDAY MENU

| | Ingredient | Serving |
|-----------------------------|---|---|
| Breakfast | Almond Rhubarb Coffee Cake* (See Recipe on pg 19) | 1 serving |
| | Yogurt and Peaches | 1 cup plain Yogurt, low fat 1 cup Peach slices, canned |
| | Apple Juice | 1 cup |
| | Hot Coffee | 1 cup |
| Lunch | Almost Eggless Egg Salad Sandwich** (See Recipe on pg 20) | 1 serving Almost Eggless Egg Salad 2 Looseleaf Lettuce 2 slice Whole Wheat Bread 2 slice Tomato, raw |
| | Seedless Grapes | 1 cup |
| | Sugar Cookie | 1 cookie |
| | Iced Tea | 1 cup |
| | Dinner | Chicken Quesadillas*** with Avocado and Lettuce (See Recipe on pg 20) |
| Black Beans and Rice | | 1 cup instant rice, prepared 1 cup Black Beans, cooked |
| Iced Tea | | 1 cup |
| Snack | | Cherry Vanilla Frozen Yogurt- Haagen Dazs |

* Almond Rhubarb Coffee Cake: <http://allrecipes.com/Recipe/Almond-Rhubarb-Coffee-Cake/Detail.aspx>

** Almost Eggless Egg Salad: <http://allrecipes.com/Recipe/Almost-Eggless-Egg-Salad/Detail.aspx>

*** Chicken Quesadillas: <http://allrecipes.com/Recipe/Chicken-Quesadillas/Detail.aspx>

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RECIPES

Oaty Cereal Bars

Submitted by: Tina



"Delicious snack bars that your children will love!"

PREP TIME: 10 Min
COOK TIME: 5 Min
READY IN: 1 Hr 15 Min
Servings Per Recipe: 16

Ingredients

1/2 cup white sugar
1/2 cup honey
1/2 cup peanut butter
3 cups toasted oat cereal
1 cup salted peanuts (optional)

Directions

Grease a 9x13 inch pan. In a large saucepan over medium heat, stir together the sugar and honey. Bring to a boil, then remove from heat and stir in the peanut butter until well blended. Stir in the cereal and if desired, stir in the salted peanuts. Press into the prepared pan. Allow to cool until firm, then cut into bars.

Amount Per Serving: Calories: 178 Total Fat: 9g Cholesterol: 0mg
Sodium: 166mg Total Carbs: 22.8g Dietary Fiber: 1.7g Protein: 4.8g

<http://allrecipes.com/Recipe/Oaty-Cereal-Bars/Detail.aspx>

Quick Tomato Sandwich

Submitted by: Elaine Lau

"A simple recipe which is a breeze to prepare."

PREP TIME: 5 Min
READY IN: 5 Min
Servings Per Recipe: 2

Ingredients

2 tablespoons ketchup
1 tablespoon mayonnaise
1/8 teaspoon salt
1/8 teaspoon hot pepper sauce
4 slices whole wheat bread
2 leaves lettuce
1 tomato, sliced

Directions

In a small bowl, combine ketchup, mayonnaise, salt, and hot pepper sauce. Mix well. Meanwhile, toast bread in toaster. Spread mixture on all 4 slices of toast; set aside.

Arrange lettuce leaves on the bread followed by 3 or 4 slices of tomato. Top with another piece of bread. Repeat with the other sandwich.

Amount Per Serving: Calories: 210 Total Fat: 7.7g Cholesterol: 4mg
Sodium: 640mg Total Carbs: 32.2g Dietary Fiber: 3.8g Protein: 5.3g

<http://allrecipes.com/Recipe/Quick-Tomato-Sandwich/Detail.aspx>

RECIPES

Big M's Spicy Lime grilled Prawns

Submitted by: Marcus Hender



"Succulent and moist grilled prawns. Serve with salad, potatoes, and bread. Enjoy!"

PREP TIME: 30 Min
COOK TIME: 5 Min
READY IN: 4 Hrs 35 Min
Servings Per Recipe: 12

Ingredients

48 large tiger prawns, peeled and deveined
4 limes, zested and juiced
4 green chile peppers, seeded and chopped
4 cloves garlic, crushed
1 (2 inch) piece fresh ginger root, chopped
1 medium onion, coarsely chopped
Skewers

Directions

Place the prawns and lime zest in a large, non-metallic bowl. Place the lime juice, chile pepper, garlic, ginger, and onion in a food processor or blender, and process until smooth. You may need to add a little oil to facilitate blending. Pour over the bowl of prawns, and stir to coat. Cover, and refrigerate for 4 hours.

Preheat grill for medium-high heat. Thread prawns onto skewers, piercing each first through the tail, and then the head.

Brush grill grate with oil. Cook prawns for 5 minutes, turning once, or until opaque.

Amount Per Serving: Calories: 62 Total Fat: 0.6g Cholesterol: 85mg
Sodium: 100mg Total Carbs: 5g Dietary Fiber: 1.1g Protein: 9.8g

<http://allrecipes.com/Recipe/Big-Ms-Spicy-Lime-Grilled-Prawns/Detail.aspx>

Super-Good Oatmeal

Submitted by: Michael Shepherd

"If you already think oatmeal is good, this recipe makes it even better! I eat this every morning! Yum!"

PREP TIME: 2 Min
COOK TIME: 5 Min
READY IN: 7 Min
Servings Per Recipe: 1

Ingredients

1/2 cup rolled oats
1 cup water
1 tablespoon honey
1 tablespoon wheat germ
1 teaspoon flaxseed oil
1/4 cup soy milk

Directions

Mix the oats and water and microwave on medium power for 5 minutes. Stir in the honey, wheat germ, and flax oil. Top with the soy milk.

Amount Per Serving: Calories: 308 Total Fat: 9.2g Cholesterol: 0mg
Sodium: 18mg Total Carbs: 49.2g Dietary Fiber: 6.1g Protein: 9.9g

<http://allrecipes.com/Recipe/Super-Good-Oatmeal/Detail.aspx>

RECIPES

Spinach Salad with Ease

Submitted by: juleskicks2

"A simple, fresh salad. It comes together in less than 5 minutes. The perfect complement to almost any robust dish."

PREP TIME: 5 Min

READY IN: 5 Min

Servings Per Recipe: 4

Ingredients

1 (10 ounce) package pre-washed fresh spinach
1 cup fresh green peas
1/4 cup olive oil
1 1/2 lemons, juiced
1/4 cup crumbled feta cheese
Salt and pepper to taste

Directions

In a large bowl, toss together the spinach, peas and olive oil until evenly coated. Add the lemon juice, feta and salt and pepper, and toss again.

Amount Per Serving: Calories: 197 Total Fat: 16g Cholesterol: 8mg
Sodium: 163mg Total Carbs: 12.4g Dietary Fiber: 5.6g Protein: 5.8g

<http://allrecipes.com/Recipe/Spinach-Salad-With-Ease/Detail.aspx>

Sesame Broccoli

Submitted by: Krista B



"Light sesame oil works best for this recipe. Vegetable oil can be used instead."

PREP TIME: 10 Min

COOK TIME: 5 Min

READY IN: 15 Min

Servings Per Recipe: 4

Ingredients

1 tablespoon sesame oil
2 cups chopped broccoli
1 tablespoon sesame seeds
1 green bell pepper, sliced

Directions

Heat oil in a large skillet over medium-high heat. Saute broccoli and sesame seeds for 2 minutes. Stir in bell pepper and cook 2 to 3 minutes, until pepper is tender crisp.

Amount Per Serving: Calories: 64 Total Fat: 4.7g Cholesterol: 0mg
Sodium: 13mg Total Carbs: 4.9g Dietary Fiber: 2.2g Protein: 2g

<http://allrecipes.com/Recipe/Sesame-Broccoli/Detail.aspx>

RECIPES

Teri Tips

Submitted by: Becky

"Delicious teriyaki flavored steak tips! Any steak will do, but filet mignon gives this recipe an extra tenderness that you won't get with sirloin! Serve bread with this tasty appetizer, and don't forget the toothpicks alongside."

PREP TIME: 5 Min

COOK TIME: 15 Min

READY IN: 4 Hrs 20 Min

Servings Per Recipe: 16

Ingredients

1/2 cup soy sauce
6 tablespoons white sugar
4 tablespoons sesame oil
2 pounds filet mignon, cubed
1/8 cup white wine
1 bunch green onions, chopped

Directions

Combine soy sauce, sugar, and sesame oil in a shallow dish to make the marinade. Add meat, and refrigerate for 4 hours.

Place a large skillet over medium high heat, and cook meat until done.

Pour the marinade into a medium saucepan, and place over medium high heat. Bring to a boil, and cook for 5 minutes. Add cooked meat, green onions, and wine to the boiling marinade. Transfer the entire contents of the saucepan to a large bowl, and serve hot.

Amount Per Serving: Calories: 156 Total Fat: 10.2g Cholesterol: 29mg Sodium: 479mg Total Carbs: 6.4g Dietary Fiber: 0.4g Protein: 9.2g

<http://allrecipes.com/Recipe/Teri-Tips/Detail.aspx>

Banana Nut Muffin

Submitted by: Mom



"A banana muffin without the guilt."

PREP TIME: 10 Min

COOK TIME: 25 Min

READY IN: 35 Min

Servings Per Recipe: 12

Ingredients

1 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
1/4 teaspoon baking soda
1/8 teaspoon salt
2 egg whites
1 cup mashed bananas
3/4 cup white sugar
3 tablespoons vegetable oil
1 teaspoon lemon zest
1/4 cup chopped walnuts

Directions

Preheat oven to 350°F (175°C). Spray muffin tins with non-stick cooking spray.

In large bowl, stir together flour, baking powder, soda, and salt.

In a medium bowl, beat egg whites slightly. Stir in bananas, sugar, oil, and lemon peel. Add to flour mixture, stirring just until combined. Stir in walnuts. Fill muffin pan cups 2/3 full. Bake for about 20 to 25 minutes, or until tops are lightly browned. Remove muffins from pan.

Amount Per Serving: Calories: 172 Total Fat: 5.3g Cholesterol: 0mg Sodium: 121mg Total Carbs: 29.4g Dietary Fiber: 1.1g Protein: 2.8g

<http://allrecipes.com/Recipe/Banana-Nut-Muffins/Detail.aspx>

RECIPES

Yummy Couscous Salad

Submitted by: Suzanne

"This is a quick and easy salad to prepare and it tastes great!"

PREP TIME: 15 Min
COOK TIME: 30 Min
READY IN: 1 Hr 45 Min
Servings Per Recipe: 6

Ingredients

1/2 cup creamy salad dressing
1/4 cup plain yogurt
1 teaspoon ground cumin
salt and pepper to taste
1 tablespoon butter
1/2 cup couscous
1 cup water
1 red onion, chopped
1 red bell pepper, chopped
1/3 cup chopped parsley
1/3 cup raisins
1/3 cup toasted and sliced almonds
1/2 cup canned chickpeas, drained

Directions

In a medium bowl, blend creamy salad dressing, yogurt, cumin, salt and pepper. Cover, and place in the refrigerator 1 hour, or until chilled.

Melt butter in a medium saucepan over medium heat. Stir in couscous, and coat with butter. Stir in water, reduce heat, and a simmer, covered, until all water is absorbed, about 5-10 minutes.

Mix couscous, red onion, red bell pepper, parsley, raisins, almonds and chickpeas into the creamy salad dressing mixture. Cover, and chill in the refrigerator until serving.

Amount Per Serving: Calories: 279 Total Fat: 16.2g Cholesterol: 13mg Sodium: 218mg Total Carbs: 29.9g Dietary Fiber: 3.7g Protein: 5.7g

<http://allrecipes.com/Recipe/Yummy-Couscous-Salad/Detail.aspx>

Twelve Minute Pasta Toss

Submitted by: Cindy



"This is an easy-to-prepare, wonderful, flavorful pasta dish that gets rave reviews! I have had many friends ask me for this recipe. After my friends prepared this dish for their friends, their friends would ask my friends for it. Goes well with a crisp, green salad and garlic bread."

PREP TIME: 20 Min
COOK TIME: 12 Min
READY IN: 32 Min
Servings Per Recipe: 8

Ingredients

16 ounces rotini pasta
4 skinless, boneless chicken breast halves, cut into bite size pieces
4 tablespoons olive oil
3 cloves garlic, minced
1 1/4 teaspoons salt
1 1/4 teaspoons garlic powder
1 1/4 teaspoons dried basil
1 1/4 teaspoons dried oregano
1 cup chopped sun-dried tomatoes
1/4 cup grated Parmesan cheese

Directions

Cook and drain pasta as directed.

While pasta is cooking, in a 5-quart pot, heat olive oil and saute chicken, garlic, salt, garlic powder, basil, and oregano until chicken is cooked. Add sun-dried tomatoes and cook for two minutes.

Remove from heat and toss with pasta. Serve with grated Parmesan cheese if desired.

Amount Per Serving: Calories: 365 Total Fat: 9.9g Cholesterol: 37mg Sodium: 470mg Total Carbs: 45.8g Dietary Fiber: 3g Protein: 23.6g

<http://allrecipes.com/Recipe/Twelve-Minute-Pasta-Toss/Detail.aspx>

RECIPES

Morgan's Breakfast Polenta

Submitted by: MKNEIB86



"This was my first attempt at polenta. I like it, but it is my mother Sandie who truly loves it. We always eat it with homemade blackberry jam on the weekends. You can substitute your favorite jam. Top with sweetened sour cream or creme fraiche."

PREP TIME: 15 Min
COOK TIME: 30 Min
READY IN: 1 Hr 45 Min
Servings Per Recipe: 6

Ingredients

3 cups milk
3 cups water
1 cup dry polenta
2 tablespoons white sugar
1/2 teaspoon salt
1/2 cup sour cream (optional)
1 tablespoon white sugar (optional)
6 tablespoons blackberry jam

Directions

In a medium pan over high heat, bring to boil milk and water. Reduce heat to simmer liquid. Stirring constantly, pour in polenta in a thin, steady stream, breaking up any lumps that form. Stir in 2 tablespoons sugar and salt. Simmer, stirring often, until polenta is soft and creamy, about 30 minutes.

In a small bowl, mix sour cream and 1 tablespoon sugar.

Ladle polenta into bowls, and top with about 1 tablespoon of jam and a dollop of sweetened sour cream.

Amount Per Serving: Calories: 297 Total Fat: 8.6g Cholesterol: 20mg
Sodium: 519mg Total Carbs: 47g Dietary Fiber: 2g Protein: 8.3g
<http://allrecipes.com/Recipe/Morgans-Breakfast-Polenta/Detail.aspx>

Lloyd's Healthy Chicken Zoopa

Submitted by: Lloyd Newman

"This is a throw together soup that is satisfying and maybe even healthy. When you first saute the veggies in oil, you are making a 'moughe'. This is my own word, actually stolen from my daughter Amy (then 3 years old)!"

PREP TIME: 30 Min
COOK TIME: 45 Min
READY IN: 1 Hr 15 Min
Servings Per Recipe: 5

Ingredients

2 tablespoons vegetable oil
2 cloves garlic, minced
2 cups chopped onion
1 red bell pepper, chopped
1 green bell pepper, chopped
2 cups chopped celery
1 cup julienned carrots
1 cup minced leek (optional)
4 cups chicken stock
Salt and pepper to taste
1/4 teaspoon hot pepper sauce
1/4 teaspoon soy sauce (optional)
6 ounces spinach, rinsed
1/2 cup egg noodles
1/2 pound skinless, boneless chicken breast halves, cut into bite size pieces

Directions

Heat oil in a large soup pot over medium heat. Add garlic, onion, red bell pepper, green bell pepper, celery, carrot and leek. Saute until onions are translucent and balance of veggies has been tossed through with hot oil. Add stock and season with salt and pepper to taste. If using hot pepper sauce and soy sauce, add now. Bring soup to a simmer and allow to simmer over low heat for about 40 minutes.

Add spinach and cover pot. (Note: Volume of spinach will appear to be too great for the pot; don't worry, just put it in - within a few minutes it will be reduced to size). Stir soup; add noodles. Stir again and add chicken strips. Make sure soup is still simmering. Exactly 5 minutes later, you will have a terrific hot soup. Serve hot!

Amount Per Serving: Calories: 198 Total Fat: 7.3g Cholesterol: 31mg
Sodium: 643mg Total Carbs: 20.5g Dietary Fiber: 5g Protein: 14.5g

<http://allrecipes.com/Recipe/Lloyds-Healthy-Chicken-Zoopa/Detail.aspx>

RECIPES

Peanut Butter and Apple Sandwich

Submitted by: SaidAndDunn

"My kids love to spread peanut butter on their apples, so one day I thought I would take a favorite of theirs and just tweak it a little bit....viola, a peanut butter and apple sandwich. PB and J can get boring after a while and this provides a healthy alternative."

PREP TIME: 2 Min

READY IN: 2 Min

Servings Per Recipe: 1

Ingredients

2 slices whole wheat bread
1 tablespoon peanut butter, or to taste
1 small apple - peeled, cored and shredded

Directions

Spread a thin layer of peanut butter onto one side of each slice of bread. Place shredded apple onto the peanut butter, and place the other peanut buttered side of bread on top. Serve immediately.

Amount Per Serving: Calories: 299 Total Fat: 11.1g Cholesterol: 0mg
Sodium: 375mg Total Carbs: 45.5g Dietary Fiber: 7.7g Protein: 9.8g

<http://allrecipes.com/Recipe/Peanut-Butter-and-Apple-Sandwich/Detail.aspx>

Spicy Peach-Glazed Pork Chops

Submitted by: Virginia C.



"Sweet and spicy boneless pork chops made with a special sauce that includes peach preserves and white wine. Serve with sweet potato latkes."

PREP TIME: 10 Min

COOK TIME: 20 Min

READY IN: 30 Min

Servings Per Recipe: 4

Ingredients

1 cup peach preserves
1 1/2 tablespoons Worcestershire sauce
1/2 teaspoon chile paste
4 boneless pork chops
1 teaspoon ground ginger
1 pinch ground cinnamon
salt and pepper to taste
2 tablespoons vegetable oil
1/2 cup white wine

Directions

In a small bowl, mix together the peach preserves, Worcestershire sauce, and chile paste. Rinse pork chops, and pat dry. Sprinkle the chops with ginger, cinnamon, salt, and pepper.

Heat oil in a large skillet over medium-high heat. Sear the chops for about 2 minutes on each side. Remove from the pan, and set aside.

Pour white wine into the pan, and stir to scrape the bottom of the pan. Stir in the peach preserves mixture. Return the chops to the pan, and flip to coat with the sauce. Reduce heat to medium low, and cook the pork chops for about 8 minutes on each side, or until done.

Amount Per Serving: Calories: 415 Total Fat: 12.5g Cholesterol: 40mg
Sodium: 101mg Total Carbs: 57.4g Dietary Fiber: 0.2g Protein: 14.9g

<http://allrecipes.com/Recipe/Spicy-Peach-Glazed-Pork-Chops/Detail.aspx>

RECIPES

BBQ Chicken Salad

Submitted by: Deborah Noe

"This is a great way to use up grilled chicken leftovers. Serve on a bed of greens."

PREP TIME: 15 Min

COOK TIME: 20 Min

READY IN: 50 Min

Servings Per Recipe: 4

Ingredients

2 skinless, boneless chicken breast halves
4 stalks celery, chopped
1 large red bell pepper, diced
1/2 red onion, diced
1 (8.75 ounce) can sweet corn, drained
1/4 cup barbeque sauce
2 tablespoons fat-free mayonnaise

Directions

Preheat grill for high heat.

Lightly oil grate. Grill chicken 10 minutes on each side, or until juices run clear. Remove from heat, cool, and cube. In a large bowl, toss together the chicken, celery, red bell pepper, onion, and corn.

In a small bowl, mix together the barbeque sauce and mayonnaise. Pour over the chicken and veggies. Stir, and chill until ready to serve.

Amount Per Serving: Calories: 154 Total Fat: 2.5g Cholesterol: 34mg Sodium: 376mg Total Carbs: 20.2g Dietary Fiber: 3.2g Protein: 15g

<http://allrecipes.com/Recipe/BBQ-Chicken-Salad/Detail.aspx>

Muesli

Submitted by: jen

"This is a nutritious and delicious breakfast cereal. Use any type of dried fruit you desire! You can also use almonds in place of walnuts if you like. Wonderful when served in bowls with milk and fresh berries or sliced fresh fruit."

PREP TIME: 10 Min

READY IN: 10 Min

Servings Per Recipe: 16

Ingredients

4 1/2 cups rolled oats
1/2 cup toasted wheat germ
1/2 cup wheat bran
1/2 cup oat bran
1 cup raisins
1/2 cup chopped walnuts
1/4 cup packed brown sugar
1/4 cup raw sunflower seeds

Directions

In a large mixing bowl combine oats, wheat germ, wheat bran, oat bran, dried fruit, nuts, sugar, and seeds. Mix well. Store muesli in an airtight container. It keeps for 2 months at room temperature.

Amount Per Serving: Calories: 190 Total Fat: 5.7g Cholesterol: 0mg Sodium: 4mg Total Carbs: 31.6g Dietary Fiber: 4.9g Protein: 6.8g

<http://allrecipes.com/Recipe/Muesli/Detail.aspx>

RECIPES

Lentil Stuffed Tomatoes

Submitted by: SUE

"These tomatoes, stuffed with lentils and oven baked, make a great entree."

PREP TIME: 30 Min
COOK TIME: 15 Min
READY IN: 45 Min
Servings Per Recipe: 8

Ingredients

1/2 cup uncooked white rice
1/2 cup red lentils
1 cup boiling water
2 tablespoons butter
1 onion, chopped
1 tablespoon chopped fresh mint
Salt to taste
Ground black pepper to taste
8 medium tomatoes
2 tablespoons vegetable oil
1 clove crushed garlic

Directions

Rinse rice and lentils in a strainer. Place in a small saucepan and stir in boiling water. Cover. Cook for 10 minutes over medium heat.

Meanwhile, melt butter or margarine in a saute pan. Add onion, and saute until golden brown over medium low heat. Stir in lentil mixture and mint. Season generously with salt and pepper.

Slice the tops off tomatoes, and reserve. Scoop out the middles, and reserve. Fill tomato shells with lentil mixture, and replace the tops. Stand in a baking dish.

Chop reserved tomato middles, and place in a small bowl. Mix in oil and garlic. Pour around the stuffed tomatoes.

Bake in a preheated 450 degree F (230 degree C) for 10 to 15 minutes. Remove from oven, and serve.

Amount Per Serving: Calories: 178 Total Fat: 7g Cholesterol: 8mg Sodium: 45mg Total Carbs: 24.8g Dietary Fiber: 5.7g Protein: 5.7g

<http://allrecipes.com/Recipe/Lentil-Stuffed-Tomatoes/Detail.aspx>

Lemon-Orange Orange Roughy

Submitted by: Brian Ehrler



"Orange roughy fillets with a citrus twist. Very quick to prepare."

PREP TIME: 15 Min
COOK TIME: 5 Min
READY IN: 20 Min
Servings Per Recipe: 4

Ingredients

1 tablespoon olive oil
4 (4 ounce) fillets orange roughy
1 orange, juiced
1 lemon, juiced
1/2 teaspoon lemon pepper

Directions

Heat oil in a large skillet over medium-high heat. Arrange fillets in the skillet, and drizzle with orange juice and lemon juice. Sprinkle with lemon pepper. Cook for 5 minutes, or until fish is easily flaked with a fork.

Amount Per Serving: Calories: 133 Total Fat: 4.3g Cholesterol: 22mg Sodium: 129mg Total Carbs: 7.9g Dietary Fiber: 2.3g Protein: 17.2g

<http://allrecipes.com/Recipe/Lemon-Orange-Orange-Roughy/Detail.aspx>

RECIPES

Almond Rhubarb Coffee Cake

Submitted by: Neris



"This cake is sweet and almondy with rhubarb delectability."

PREP TIME: 15 Min
COOK TIME: 30 Min
READY IN: 45 Min
Servings Per Recipe: 24

Ingredients

1 1/2 cups packed brown sugar
2/3 cup vegetable oil
1 egg
1 teaspoon vanilla extract
2 1/2 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda
1 cup milk
1 1/2 cups rhubarb, chopped
1/2 cup sliced almonds
1/3 cup white sugar
1 tablespoon butter, melted
1/4 cup sliced almonds

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease two 9 inch round pans.

In a large bowl, beat brown sugar, oil, egg, and vanilla together until smooth. Combine flour, salt and baking soda; add to sugar mixture alternately with milk. Beat until smooth. Stir in rhubarb and 1/2 cup almonds. Pour into prepared pans.

In a small bowl, combine white sugar and butter or margarine. Stir in 1/4 cup almonds. Sprinkle topping over batter.

Bake for 30 to 35 minutes, or until the cake tests done.

Amount Per Serving: Calories: 196 Total Fat: 8.6g Cholesterol: 11mg
Sodium: 168mg Total Carbs: 27.5g Dietary Fiber: 0.8g Protein: 2.6g

<http://allrecipes.com/Recipe/Almond-Rhubarb-Coffee-Cake/Detail.aspx>

Almost Eggless Egg Salad

Submitted by: Jill

"More than just a substitute for egg salad! The only egg is in the mayonnaise; use soy mayonnaise for a vegan variation. Serve on wheat toast with crisp lettuce and fresh tomato slices."

PREP TIME: 10 Min
READY IN: 4 Hrs 10 Min
Servings Per Recipe: 4

Ingredients

2 tablespoons mayonnaise
1 tablespoon sweet pickle relish
1 teaspoon distilled white vinegar
1 teaspoon prepared mustard
1 teaspoon white sugar
1/2 teaspoon ground turmeric
1/4 teaspoon dried dill weed
1 tablespoon dried parsley
1 pound firm tofu, sliced and well drained
1 tablespoon minced onion
2 tablespoons minced celery
Salt to taste
Ground black pepper to taste

Directions

In a small bowl, combine mayonnaise, sweet pickle relish, vinegar, mustard, sugar, turmeric, dill, and parsley. Mix well, and reserve.

Place drained tofu in large bowl, and crumble with a fork. Stir in onion and celery. Mix in reserved mixture. Season to taste with salt and pepper. Chill for several hours to allow flavors to blend.

Amount Per Serving: Calories: 228 Total Fat: 15.5g Cholesterol: 4mg
Sodium: 105mg Total Carbs: 8.2g Dietary Fiber: 3g Protein: 18.2g

<http://allrecipes.com/Recipe/Almost-Eggless-Egg-Salad/Detail.aspx>

RECIPES

Chicken Quesadillas

Submitted by: Heather



PREP TIME: 30 Min

COOK TIME: 25 Min

READY IN: 55 Min

Servings Per Recipe: 20

Ingredients

- 1 pound skinless, boneless chicken breast, diced
- 1 (1.27 ounce) packet fajita seasoning
- 1 tablespoon vegetable oil
- 2 green bell peppers, chopped
- 2 red bell peppers, chopped
- 1 onion, chopped
- 10 (10 inch) flour tortillas
- 1 (8 ounce) package shredded Cheddar cheese
- 1 tablespoon bacon bits
- 1 (8 ounce) package shredded Monterey Jack cheese

Directions

Preheat the broiler. Grease a baking sheet. Toss the chicken with the fajita seasoning, then spread onto the baking sheet. Place under the broiler and cook until the chicken pieces are no longer pink in the center, about 5 minutes.

Preheat oven to 350 degrees F (175 degrees C). Heat the oil in a large saucepan over medium heat. Stir in the green bell peppers, red bell peppers, onion, and chicken. Cook and stir until the vegetables have softened, about 10 minutes.

Layer half of each tortilla with the chicken and vegetable mixture, then sprinkle with the Cheddar cheese, bacon bits, and Monterey Jack. Fold the tortillas in half and place onto a baking sheet.

Bake quesadillas in the preheated oven until the cheeses have melted, about 10 minutes.

Amount Per Serving: Calories: 251 Total Fat: 11g Cholesterol: 35mg
Sodium: 441mg Total Carbs: 23.4g Dietary Fiber: 1.7g Protein: 13.8g

<http://allrecipes.com/Recipe/Chicken-Quesadillas/Detail.aspx>

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INGREDIENT SUBSTITUTION IDEAS

| Instead of | Try this |
|---|--|
| <p>DAIRY</p> <p>Cream (for everything except whipping) Cream cheese Cheese (with whole milk) Butter or margarine</p> <p>1 egg Sour cream Whole milk Sour cream, mayonnaise, or cheese-based dips Mayonnaise</p> | <p>Evaporated skim milk or low-fat buttermilk Neufchâtel, light cream cheese, or ricotta cheese Fat-free or skim-milk Light butter (use less or reduce the liquid elsewhere in the recipe) or combination of light butter and fat-free cream cheese 2 egg whites or egg substitute (amount will vary) Plain yogurt or fat-free sour cream Evaporated skim milk, skim or low-fat (1 percent) milk Bean dips, roasted and pureed vegetable dips, or salsa Plain low-fat yogurt combined with low-fat cottage cheese, low-fat mayonnaise, reduced-fat mayonnaise, or mustard.</p> |
| <p>MEAT</p> <p>Meat Ground beef Bacon or sausage Beef chuck or brisket Pork butt/shoulder Chicken wings or nuggets</p> | <p>Fish Ground turkey or ground chicken Turkey bacon or turkey sausage Beef round or flank steak (small portions) Pork tenderloin (small portions) Baked chicken breast strips</p> |
| <p>SNACKING AND HIGH-FAT DISHES</p> <p>Cream-based soups Pizza with meat</p> <p>Pasta with cream sauce Snacking on crackers or chips Bagels or muffins</p> | <p>Broth-based soups Pizza with turkey pepperoni, lean turkey sausage, or fresh vegetables Pasta with tomato sauce Snacking on raw vegetables, fruits, or rice cakes English muffins</p> |
| <p>SALAD DRESSING</p> <p>Oils or mayonnaise</p> | <p>Fat-free, reduced-calorie, or vinaigrette dressings</p> |
| <p>BREADS</p> <p>White</p> | <p>Whole grain, wheat or rye</p> |
| <p>PASTA, RICE, POTATO</p> <p>Pasta (egg) White rice Potato</p> | <p>Wheat or rice noodles Brown rice Mashed cauliflower</p> |
| <p>BAKING NEEDS</p> <p>Chocolate chips Nuts White sugar Vegetable oil (in baking)</p> <p>White flour Peanut butter</p> | <p>Dates Oatmeal or rice crispies Brown sugar, molasses, cane sugar, or sweeteners Grapeseed, safflower, soybean, or sunflower oil. Additional low-fat options are applesauce, pumpkin puree, prune puree, or mashed bananas Wheat, rye, or soy Reduced-fat peanut butter</p> |